



Adult Leisure Programs

The Golden Years Clubs are composed of persons 55 and better. Anyone meeting the age requirements may join. Interested persons are invited to join one of the 43 clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. For information on a specific club, contact the Club Leader indicated for each group.

Art of Happiness Club

Vera Wilson, 250-2757
Thursday, 11:00am
Ralph Campbell Community Center
756 Lunar Drive

Best Is Yet To Be

Jacquie Gray, 833-0097
1st/3rd Fridays, 10:00am
Powell Drive Community Center
740 Powell Drive

Capital Towers Club

Sharon Bradley, 787-1231
Meeting days and times TBA
4812 Six Forks Road

Caraleigh Club

Mary Lou Franklin, 846-0492
Tuesdays, 10:00am
Caraleigh Community Center
118 Summit Avenue

Carolina Pines Club

Tonya McNeill, 831-6435
1st/3rd Wednesday, 10:00am
Carolina Pines Community Center
2305 Lake Wheeler Road

Daniels Club

Wednesdays, 9:45am
Westminster Presbyterian Church
301 E. Whitaker Mill Road

Fellowship Club

Laura Miller, 851-7042
2nd/4th Tuesday, 10:00am
West Raleigh Presbyterian Church
27 Horne Street

Fifty-Five Plus Club

Chris Frelke and Nikki Speer,
872-4156
Wednesdays, 10:00am
Millbrook Exchange
Community Center
1905 Spring Forest Road

Glenwood Towers Club

Ann Juhasz, 460-6932
2nd/4th Wednesday, 10:00am
Glenwood Towers Apartments
509 Glenwood Avenue

Glenwood South Senior Club

Betty Atkinson, 833-7273
2nd Monday, 10:00am
North Street Baptist Church
400 N. Boylan Avenue

Glorious Keen-Agers

Jacqueline Watson, 829-0919
1st & 3rd Thursdays, 9:00am
The Glorious Church
725 Glascock Street

Go-Getters Club

Susan Carroll, 662-7001
2nd/4th Thursday, 9:30am
Stonehenge Apartments
Club House
7303 Hiherye Court

Golden Oaks Club

Cassandra Siler, 834-7386
Monday-Friday, 10:00am
YWCA - Hargett Street
554 E. Hargett Street

Golden Circle Club

Helen Sanders, 250-0058
2nd Mondays, 10:00am
Lions Park Community Center
516 Dennis Avenue

Golden Eagles Club

Carletta Lawson, 831-6989
Wednesdays, 11:00am
Top Green Community Center
401 Martin Luther King Boulevard

Grand Age Club

Margie Lucas, 467-0572
Thursdays, 11:15am
Hayes Barton United
Methodist Church
2209 Fairview Road

Green Road Book Club

Jane Bailey, 872-4140
3rd Thursday, 10:00am
Green Road Community Center
4201 Green Road

Jaycee Park Club

Doris Wilkins, 510-9932
Wednesdays, 9:30am
Jaycee Park Community Center
2405 Wade Avenue

Jenkins Memorial Club

Martha Gould, 787-2786
Tuesdays, 11:00am
Jenkins Memorial
United Methodist Church
725 North Boylan Avenue

Keenagers Club

Lindsay Jordan,
834-3425 ext. 220
Thursdays, 10:30am
White Memorial
Presbyterian Church
1704 Oberlin Road

Lake Lynn Seniors

Lyn Joslyn, 847-7432
Tuesday, 10:00am
Lake Lynn Community Center
7921 Ray Road

Laurel Hills Club

Cindy Williams, 420-2383
Tuesdays, 10:00am
Laurel Hills Community Center
3808 Edwards Mill Road

Lilacs Club

Dorothy Beverly, 833-2419
1st/3rd Thursday, 11:00am
Wake Chapel Baptist Church
4509 Bland Road

Lions Park Club

Tasker Kent, 876-3131
Wednesdays, 10:00am
Lions Park Community Center
516 Dennis Avenue

Lords and Ladies Club

Christine Cummings, 831-6640
1st/3rd Tuesdays, 10:00am
Pullen Arts Center
105 Pullen Road

Meadows at Briar Creek Club

Meredith Mossey, 572-5147
Meeting day and times TBA
11700 Arnold Palmer Drive

Parkview Manor Senior Club

Sonja Anderson, 831-6045
2nd Tuesdays, 2:00pm
Parkview Manor Apartments
911 N. Blount Street

Prime Timers Club

Darwin Coburn, 848-7314
3rd Thursday, 10:30am
Hillyer Memorial
Christian Church
718 Hillsborough Street

Pullen Park Club

Anita Spencer, 831-6052
Wednesdays, 9:35am
Pullen Park Community Center
408 Ashe Avenue

Quail Hollow Club

Betty Odham, 954-1974
Wednesdays, 9:45am
Eastgate Community Center
4200 Quail Hollow Drive

Raleigh Catholic Golder Age Club

Ken Buettner, 266-1771
1st Sunday of month, 2:00pm
St. Joseph's Catholic Church
630 S. Peartree Lane

Roberts Park Seniors Club

Sherri Hartsfield, 831-6830
Wednesdays, 10:30am
Roberts Park Community Center
1300 East Martin Street

Senior Teenagers

Robie Burris, 833-1256
Tuesday/Thursday, 10:00am
YMCA - Garner Road
2235 Old Garner Road

Sir Walter Club

832-1300
1st Monday/month, 7:00pm
Sir Walter Apartments
400 Fayetteville Street Mall

Smiling Age Club

Monica Millner, 831-6895
Tuesdays, 10:00am
Biltmore Hills Community Center
2615 Fitzgerald Drive

Tabernacle 55+ Club

Peggy Holland,
872-2508 or 781-4600
1st/3rd Thursdays, 11:30am
Tabernacle Baptist Church
8304 Leesville Road

Thirty-Niners Club

Mary Alice Seals, 832-4485
Thursdays, 10:30am
First Baptist Church
99 N. Salisbury Street

Touch of Love Senior Club

Almarie J. Caudle, 876-5689
2nd Wednesday/month, 10:00am
St. Mathew Baptist Church
5410 Louisburg Road

Walnut Terrace Club

Ethel Evans, 779-3221
Wednesdays, 10:00am
Top Greene Center
401 Martin Luther King Boulevard

Wakefield Gardens Senior Club

Andie Champion, 562-5580
2nd/4th Wednesdays, 1:00pm
The Gardens at Wakefield
Apartments
12800 Spruce Tree Way

Wakefield Villagers Club

Margaret King, 556-9541
2nd/4th Tuesdays, 9:00am
Villages of Wakefield Clubhouse
12650 New Falls of Neuse Road

Watts Chapel Club

Gloria Glenn, 834-4469
1st/3rd Tuesdays, 10:30am
Watts Chapel Baptist Church
3703 Tryon Road

Young at Heart Club

Frank Holland, 876-3941
2nd/4th Wednesday, 10:00am
Whitaker Mill Senior Center
401 E. Whitaker Mill Road

Adult Leisure Programs

Fall 2004

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Steve White,
Program Supervisor

Lisa Wilson,
Assistant Program Supervisor

831-6851

2401 Wade Avenue
Raleigh, NC 27607

New Program Highlights for the Fall

The Adult Program will feature several new programs beginning in September:

Table Tennis for Seniors will now be held at 2 locations: Lake Lynn Community Center, 7921 Ray Road every Tuesday from 6:30-9:00pm and Fridays from 9:00am-12:00noon. We will also begin a new program at Optimist Community Center, 5900 Whittier Dr. every Thursday from 11:00am-1230pm.

Looking for new exercise ideas?

Try Bellydancing for Seniors! Held in conjunction with ENCORE at N.C.State University, this is a fun form of movement for beginners.

Class begins on September 23 at the

Jaycee Park Module.

If a more “traditional” exercise class is more your style, try the low-impact stretching and movement class at Lake Lynn Community Center, beginning September 14.

For more information on these and other new classes listed in this brochure, please call 831-6851.



www.raleigh-nc.org/parks&rec



Adult Leisure Programs

Exercise & Fitness

Horseshoes

Practice your horseshoe skills with other seniors. Equipment is provided. Athens Drive High School. Free. *(weather permitting)*

May-Aug	T,Sa	9:00am
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Shuffleboard

Practice and play shuffleboard with other seniors. Equipment is provided. Athens Drive High School. Free. *(weather permitting)*

May-Aug	T,Sa	9:00am
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Table Tennis

Learn to play and practice table tennis—all ability levels welcome. Lake Lynn Community Center. Free.

May	T	6:30-9:00pm
	F	10:00am-12:00pm

Tennis

Competition and practice for senior players. Millbrook Tennis Center. Free.

May-Aug	M,Th	8:30am
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Weekly Walkers

Walks are at a moderate pace and are usually 2-3 miles in length. Members also have the option of meeting for coffee after walks. Call Dorothy Stowe at 847-5189 or Gerry Vassilos at 845-1792 for schedules and more information. Free.

May-Aug	W	9:00 am
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Trips

Call 831-6851 to get on the mailing list for the following itineraries. All trips depart from Jaycee Park, 2401 Wade Ave.

September

Fayetteville, NC

Explore the fascinating Airborne Museum, Pope Air Force base, and the Museum of the Cape Fear offered on two dates.

Sep 21 or Oct 5

Nova Scotia

Natural beauty and rugged coastlines around every turn

Sep 19-27

October

Lexington, NC

Spend the day at the North Carolina Barbeque Festival and visit the Bob Timberlake Gallery

Oct 23

Mystery Trip

Where will you go and what will you see? Surprise! Offered on two dates.

Oct 28 or Oct 29

November

Greensboro, NC

Theatrical production, "My Way", and a great meal at the Barn Dinner Theater

Nov 11-12

Smithfield, NC

The American Music Theatre Holiday show, full of music, comedy and fun

Nov 20



The Senior Adult Program travels to lots of fun and exciting destinations! Call 831-6851 for details on trips!



Adult Leisure Programs

Additional Programs

Beginning Ballroom Dance

Learn to ballroom dance. Dances include foxtrot, waltz, and swing. No partner required. Green Road Community Center. Class fee \$25 per person.

Sep 14- Oct 19	T	9:00-10:30am
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Bellydance for Seniors

Everyone can enjoy this folk dance! Class includes discussion on costuming, history and culture. Held in conjunction with ENCORE—N.C. State University. Meets at the Jaycee Park Module, 2405 Wade Avenue. Call 831-6851 to register.

Sep 23-Nov 4	Th	3:00-4:30pm
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Beginning Exercise for Seniors

Low impact stretching and flexibility exercises. Lake Lynn Community Center. Class fee \$10/month.

Sep 14- Dec 16	T,Th	1-2:30pm
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Camera Club

Optimist Community Center, 5900 Whittier Drive. This class will offer the opportunity for you to take pictures at different parks throughout the city. Classes with meet on the first and third Monday of the month. The first Monday will be used for photographing and the third Monday will be used for showing off your photos. Come join this unique social, camera club where you can enjoy fellowship, nature and photography. You must provide your own camera (any kind), film and be responsible for film development. \$1 per trip for transportation. Call 831-6851 for schedule and details.

Financial Fitness for Seniors

A four part series for financial planning. Topics include financial forecasting, modern portfolio management, managing risks, and pulling it all together to build and plan for effective financial and estate planning. Light refreshments served. Optimist Community Center. Class fee \$10

Sep 9-30	Th	1:00-2:30pm
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Golden Years Clubs

The Golden Years Clubs are composed of persons 55 and better. Anyone meeting the age requirements may join. Interested persons are invited to join one of the 45



Interested in trying a new sport?

Try our shuffleboard and horseshoes freeplay program, which meets every Tuesday and Saturday morning at 9:00am.

Courts are located at Athens Drive High School.

For more details, call 831-6851.

clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. For a complete list of clubs, call 831-6851.

Carriage House

116 St. Mary's Street

All classes are free. Please call 831-6358 for more information.

Bingo	M	1:30pm
	(small prizes for winner)	
Exercise	M,W,F	10:00am
Singing	M	3:00pm

Glenwood Towers

509 Glenwood Avenue

All classes are free. Please call 831-6393 for more information.

Bingo	W	1:30pm
	(small prizes for winner)	

Parkview Apartments

911 N. Blount Street

Classes are free. Please call 831-6851 for more information.

Exercise	M,Th	11:15am
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Millbrook Exchange Park

1905 Spring Forest Road

Monthly fee. Please call 871-4156 for more information.

(May only) Exercise	T,Th	9:45am
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Stonehenge Apartments Clubhouse

7303 Hihenge Court

Please call 847-2717 for more information.

Bingo	1st & 3rd Th	9:45am
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Green Road Community Center

4201 Green Road

Bingo	T	9:30am
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Adult Leisure Programs

Pullen Community Center

408 Ashe Avenue
831-6052

Youth and Adult

Fitness Room

Age 16 yrs. and up. Get into shape in our fitness center. Equipment available includes paramount machine, treadmills, bikes, and stair climbers. Fitness room is open during normal operating hours. Ages 16-17 must be accompanied by an adult fitness room member. Class Fee: \$10

Sep 1-30	M-F	7:30am-9:30pm
	Sa	9:00am-3:00pm
Oct 1-31	M-F	7:30am-9:30pm
	Sa	9:00am-3:00pm
Nov 1-30	M-F	7:30am-9:30pm
	Sa	9:00am-3:00pm
Dec 1-31	M-F	7:30am-9:30pm
	Sa	9:00am-3:00pm

Raleighwood Squares

Age 13 yrs. and up. Looking for a fun yet challenging physical activity? Try square dancing. It isn't just for folk music fans! The Raleighwood Squares does high-energy, all-position dancing in a relaxed environment. No partner required; singles and couples are welcome. No experience necessary. Club dues.

Sep 7-Dec 28	T	7:30-9:30pm
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Adoption Lifebook – Introduction

Age 18 yrs. and up. Designed specifically for families with adopted children, an adoption lifebook tells the story of how your special family was formed, placing your child at the center of the story. In this introductory course, we will cover how to organize and safely preserve precious photos and memories, how to maintain your book, and what to do when photos don't exist. Each participant will receive information on types of lifebooks and how to get started. Instructor is a Creative Memories consultant and an adoptive parent! Class Fee: \$25

Oct 20	W	7:00-9:00pm
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Beginner Bridge

Age 18 yrs. and up. Learn how to bid and join your friends in a game of bridge. Class Fee: \$32

Sep 27-Oct 21	M,Th	10:30am-12:30pm
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Carousel Club (Intermediate)

Age 18 yrs. and up. Enjoy cued (round) ballroom dance in and fun and relaxed atmosphere. Partners are required. Club Dues.

Sep 13-Dec 20	M	7:30-9:15pm
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Carousel Club Beginner

Age 18 yrs. and up. Learn cued ballroom dance in a fun and relaxed atmosphere. Partners are required. Club Dues.

Sep 4-Dec 18	Sa	12:30-2:30pm
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Friday Night Dance

Age 18 yrs. and up. Dance the night away with your favorite ballroom dances every Friday night. Live band will play once a month. Please call for band schedule. Weekly admission fee.

Sep 3-Dec 31	F	7:30-10:00pm
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Neuse River Golden Retriever Rescue

Age 18 yrs. and up. NRGR is an all volunteer run organization with the goal of placing abandoned, neglected, and abused Golden Retrievers into permanent loving homes. Approximately 200 to 250 Golden Retrievers are placed each year.

Sep 30	Th	7:30-9:00pm
Oct 28	Th	7:30-9:00pm
Nov 18	Th	7:30-9:00pm

Osteoporosis Support Group

Age 18 yrs. and up. Osteoporosis support group meetings are informative and interactive. Guest speakers are scheduled. Group meets the 1st Monday of each month. Free

Sep 13-Dec 6	M	1:30-3:00pm
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Play of Hand (Advanced Bridge)

Age 18 yrs. and up. Think you are good at bridge? Learn advanced skills with Play of Hand. Class Fee: \$32

Sep 27-Oct 21	M,Th	1:00-3:00pm
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Scrapbook Gifts – Photo Sharing Card

Age 18 yrs. and up. Participants will learn how to create photo sharing cards to give as gifts. Supplies fee of \$10 will allow creation of a photo sharing card. Participants will add photos at home to give as a gift. Class Fee: \$25

Dec 15	W	7:00-9:00pm
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Scrapbook Gifts – Pop Up Cards

Age 18 yrs. and up. Participants will learn how to create pop up cards to give as gifts. Supply fee of \$10 will allow creation of a pop up cards to give as gifts. Class Fee: \$25

Nov 9	T	7:00-9:00pm
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Scrapbooking – Beginner

Age 18 yrs. and up. Participants will be introduced to memory albums (content, layout ideas, photo storage and organization, supplies, equipment, etc...), so they can go home and plan a memory album project. Bring 4-12 photos to class. Instructor is a Creative Memories consultant. Class Fee: \$25

Sep 28	T	7:00-9:00pm
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Social Dance – Bronze I

Age 18 yrs. and up. Now that you have completed our introductory course, you can expand and strengthen your skills. You will become more comfortable with your dance technique, posture and footwork. Class Fee: \$50

Nov 2-Dec 7	T	12:00-1:00pm
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Social Dance – Introduction

Age 18 yrs. and up. Have you always wanted to dance, but don't know how to? Boost your confidence through this exciting introductory class. You can learn the basic patterns to dances such as East Coast Swing, Foxtrot, Waltz and Rumba. Class Fee: \$50

Sep 14-Oct 19	T	12:00-1:00pm
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Yoga Fitness

Age 18 yrs. and up. Treat your body to much needed stretches and release stress in a yoga class. A combination of meditations and stretches that help with flexibility, posture, and stress relief. Class Fee: \$40

Oct 20-Dec 22	W	5:15-6:15pm
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Seniors

Bingo

Age 55 yrs. and up. Enjoy two hours of Bingo every 2nd and 4th Wednesday of the month. \$1/three cards.

Sep 8-Dec 22	W	2:00-4:00pm
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Golden Kiwanis Club

Age 55 yrs. and up. Kiwanis, an Indian word meaning "We Build" is a club interested in members



Adult Leisure Programs

who are retired from their main occupation and who would like to continue serving and expressing themselves in public affairs in Raleigh and adjoining areas. Annual dues are required.

Sep 2-Dec 30	Th	10:00-11:00am
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Golden Years Club

Age 55 yrs. and up. This club is one of the 44 clubs in Raleigh, and the members meet every Wednesday. Activities are bridge and other card games; luncheons, and special events. We welcome new members. \$12 per year dues.

Sep 1-Dec 29	W	9:30am-12:00pm
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Holiday Celebration for Golden Age Clubs

Age 55 yrs. and up. Come celebrate the holiday season with us. There will be food, fun, and entertainment. Golden Age Club Members only. Free

Dec 10	F	2:00-4:00pm
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Joyful Chorus

Age 55 yrs. and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups, and events. Practices are held at Pullen Community Center. Class Fee: \$0

Sep 13-Dec 20	M	10:00-11:00am
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Seniorize

Age 55 yrs. and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. Class Fee: \$5

Sep 2-30	T,Th	2:00-2:45pm
Oct 5-28	T,Th	2:00-2:45pm
Nov 2-30	T,Th	2:00-2:45pm
Dec 2-30	T,Th	2:00-2:45pm

Wednesday Night Dance Club

Age 55 yrs. and up. Dance to the music of different live bands every Wednesday evening. Weekly Admission.

Sep 1-Dec 29	W	8:00-10:30pm
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Internet Essentials

Age 14 yrs. and up. This class uses Microsoft Internet Explorer to learn the basics of surfing the Net. Topics included are hyperlinks, URL addresses, e-mail, and search engines. Students will learn to optimize information by creating folders to store favorites for easy access to popular websites. Each student will receive a detailed

manual. This course is five hours. Class Fee: \$50

Dec 6-8	M,W	6:30-9:00pm
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Introduction to Digital Photography

Age 14 yrs. and up. This class will provide an introduction to working with digital photos. Topics included will be: Basic skills to operate a digital camera, transferring pictures to the computer, posting pictures on the Internet via online photo sites, sending a picture with e-mail, printing/adjusting digital pictures on photographic paper. Selecting online photo services. Editing and enhancing photos with Ulead Photo Explorer. Everything needed for the class is supplied. Cameras are provided. Please do not bring personal cameras. Class Fee: \$25

Oct 2	Sa	9:30am-12:00pm
Dec 15	W	6:30-9:00pm

Introduction to Personal Computing

Age 14 yrs. and up. This course will introduce the hardware and software of a Personal Computer System and give a brief introduction

to Microsoft Windows, Microsoft Word, and Microsoft Excel. Areas covered under Windows are the Windows Desktop, basic mouse techniques, exploring your computer, and file management. The Excel program will cover entering labels and values into a worksheet, formatting a worksheet and entering a formula into a worksheet. The Word program will cover entering text into a document, saving a document, and opening, revising, and printing an existing document. The course is five hours in length. Class Fee: \$50

Sep 28-30	T,Th	6:30-9:00pm
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Web Page Design

Age 14 yrs. and up. This class teaches the basics of Web Page design using Netscape Composer which is a free download program from the Web. The class is 5 hours in length. Participants should have intermediate computer knowledge. Class Fee: \$50

Nov 1-3	M,W	6:30-9:00pm
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The Senior Adult Program offers many dance programs for singles and couples. Lessons from beginners to advanced are also available.

Call 831-6052 or 831-6851.